

# IOWA STATE UNIVERSITY

## Digital Repository

---

Volume 26

Number 8 *The Iowa Homemaker* vol.26, no.8

Article 6

---

1946

## Vicky Faces Herself In the Mirror

Shirliann Fortman

*Iowa State College*

Follow this and additional works at: <http://lib.dr.iastate.edu/homemaker>



Part of the [Home Economics Commons](#)

---

### Recommended Citation

Fortman, Shirliann (1946) "Vicky Faces Herself In the Mirror," *The Iowa Homemaker*: Vol. 26 : No. 8 , Article 6.

Available at: <http://lib.dr.iastate.edu/homemaker/vol26/iss8/6>

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact [digirep@iastate.edu](mailto:digirep@iastate.edu).

# Vicky Faces Herself In the Mirror

by Shirliann Fortman

**B**ELIEVE it or not, Vicky, just like many other coeds, is in that after-winter, before-spring slump. She's convinced her worn-out or well-worn sheen is playing havoc with her morale and date appeal. Fall and winter quarters took their toll and Vicky is imagining herself frayed around the edges and desperately in need of uplifting.

Vicky isn't all wrong in her suppositions. Now is the time for many a young college woman to look into the mirror and really see those potentialities she's kept blanketed in winter snow or worn out with overwork. In her individual way every woman is pretty, very pretty. But too often, just like Vicky, she's inclined to let herself and others forget by slipping over the fundamental requisites.

Vicky's ready for a change. It was quite a jolt to discover that rather sloppy creature staring back at her from the mirror. But then and there she started doing something about it. And took another good look to see just where to begin.

Vicky is frank. She knows she isn't a gorgeous coed—who can look gorgeous every day, anyway. But because she's sold on this ratio at Iowa State, she thinks it wouldn't be such a poor idea to be as feminine and pretty as she can.

She's beginning with her hair. Vicky believes it is one of any coed's outstanding features, which helps or hinders her personal appearance. From now on she's washing her locks every 5 days or once a week. A nightly brushing is just the thing to keep them shining and silky. She wants her hair style simple, but not shaggy. Vicky's using her scissors on just the right ends to keep them in good shape. She doesn't want her crown of glory resembling a spaniel's flopping ears.

Vicky envies those women who are lucky enough to wear their hair short and becomingly. She says they're bound to be chic if it's well curled and trim. The new trend toward the in-between bobs are youthful and becoming to many, but Vicky decided she's styling her hair in the manner most becoming to Vicky, no matter what the current favorite might be.

Her eyes are Vicky's next observation point. They look tired, she is forced to admit. Only one cure for that—from now on 8 hours of sleep every night. She'll have to plan her waking hours to be more inclusive. Eye make-up she keeps at a minimum with a little mascara, if necessary, and natural-line eyebrows. She knows a clear look and naturally alive feeling are the best.

Right under her nose Vicky discovers another important point—her mouth. Lipstick manipulated in the cleverest ways can't hide lips that are pulled down at the corners, folded to a tight line or pursed in pouting. Vicky's turning up the corners of hers and relaxing those tense mouth muscles. When she follows the natural outline in applying lipstick, she'll approve of the smile she's getting back from the mirror. As for lipsticks, Vicky avoids greasy, heavy types that invariably smudge. She keeps to the gay spring tones.

Cold weather washings haven't been easy on Vicky's hands. They are as nice to hold as sandpaper. She is starting a lotion ritual. As often as three times a day and always before crawling into bed, this coed is bathing them in a rich lubricant. Her neglected fingertips are another forgotten point. So Vicky's taking care of her hangnails and dried cuticles in short order. From now on she'll be keeping her nails shiny, shapely and short. That way they'll look nice with polish during the weekends, but equally as attractive without during the week.

Just what is a good figure, is often a matter of opinion. But Vicky's going to help hers along the right pathway by avoiding second helpings and passing by in-between-meals snacks. And you'll probably see her walking down the street, with her head held high, her stomach in and her shoulders straight. She's been told posture can make or break a good figure.

Now Vicky's beginning to feel like herself again, not gorgeous, but pretty and young and full of zest. She's once again becoming that well-put-together femininity you know. On campus you'll recognize her in any crowd right away, not because she's startling or loud, but because she's that attractive, gay, poised coed who's making a hit with everyone.



For spring, Jane Thomas chooses a bright gray shorty coat and Brewster hat from Tildens. Black accessories complement interesting detail on the full push-up sleeves